

The Resilient Library Newsletter

March 28, 2021

Volume 6, Issue 4

PLEASE NOTE:

Many of the images and underlined text in this newsletter have [hyperlinks](#) to their corresponding websites.

Press [Click](#) or [Ctrl+click](#) on images and underlined text to be directed to those websites.

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Why Some 'Super Ager' Folks Keep Their Minds Dementia-Free

By Amy Norton, HealthDay Reporter

The study focused on what scientists have dubbed "super agers" -- a select group of older folks who have the memory performance of people decades younger.

Compared with older people who had average brain power, super agers showed far less evidence of "tau tangles" in their brains, the researchers found.

Tau is a protein that, in healthy brain cells, helps stabilize the internal structure. But abnormal versions of tau -- ones that cling to other tau proteins -- can develop as well.

In people with Alzheimer's, the brain is marked by a large accumulation of those tau tangles, as well as "plaques," which are clumps of another protein called amyloid.

For years, amyloid plaques have gotten most of the attention as a potential target for Alzheimer's treatment, said researcher Tamar Gefen, who led the new study.

But a body of evidence tells a different story: It's the buildup of tau -- not amyloid -- that correlates with a decline in memory and thinking skills, said Gefen, an assistant professor at Northwestern University Feinberg School of Medicine in Chicago.

These latest findings on super agers,



she said, are in line with that research.

It's not clear how many super agers are out there. One reason is that there's no single definition of the term, said Claire Sexton, director of scientific programs and initiatives at the Alzheimer's Association.

This study involved people aged 80 and older. But other research, Sexton said, has narrowed the focus to unusually sharp 90-somethings, or even centenarians.

The million-dollar question is: What does it take to be a member of this elite group?

It's likely super agers have genetics to thank, in part, according to Sexton.

But in all probability, she said, it's a mix of good genes, lifestyle factors and exposures over a lifetime, from physical activity, to social engage-

Continued on page 2

ment, to mentally stimulating experiences.

In fact, previous research at Northwestern has shown those are common habits of super agers.

Gefen and her colleagues have also found brain differences between super agers and their peers with typical brain power: For example, super agers have more tissue volume in a brain region involved in processes like motivation and decision-making. Super agers also show a greater density of cells called Von Economo neurons, which are linked to social intelligence.

For the current study, Gefen's team analyzed brain tissue from seven super agers -- all women -- who had died in their 80s or 90s. The results were compared with brain studies from six elderly adults who'd had normal thinking skills before their deaths.

The super agers had all taken standard memory tests, and scored at or above the norm for people 20 to 30 years younger.

The researchers found that both super agers and their peers har-

bored similar amounts of amyloid plaque in the brain.

They differed, however, when it came to tangles: People with average memory and thinking skills had three times the amount of tau tangles in a memory-related brain region called the entorhinal cortex.

Sexton agreed the findings align with other evidence on the importance of tau.

"It's been understood for a while that tau tracks better with cognitive performance than amyloid does," she said.

These findings, Sexton said, suggest a role for tau in the "secrets" to super-aging.

That does not mean plaques are unimportant, however. Abnormal amyloid and tau may interact with each other, and with other factors, to fuel Alzheimer's brain changes, Sexton said.

According to the Alzheimer's Association, it's thought that as amyloid increases in the brain, it hits a tipping point that triggers abnormal tau to spread throughout the brain. And that's when memory and thinking skills head downhill.

Gefen agreed that it's probably a complex mix of factors -- nature and nurture -- that allows super agers to resist typical age-related declines in brain power.

It's unlikely to be a magic something that can be turned into a pill, she said.

More broadly, Gefen said far more work is needed to understand tau tangles, including why they zero in on memory cells.

That's not to say tau has been completely ignored: Tau-targeting therapies for Alzheimer's are under development, Sexton said.

For now, it seems clear that few people will become super agers. But, Sexton said, there are ways for everyone to support their brain health, including controlling heart disease risk factors like high blood pressure and diabetes, getting regular exercise, eating healthfully and staying mentally and socially engaged.

The findings were published Feb. 17 in the journal *Cerebral Cortex*.
□

Excerpted from [USNews Health-Day—'Super Agers' Keep Minds Dementia-Free](#)

Feeling unmotivated? Here are 12 ideas for sparking and maintaining motivation

By Sara M Maoniuszko, USA Today

Feeling unmotivated? You're not alone.

During the coronavirus pandemic, it is not uncommon to feel a lack of motivation brought on by things like quarantine, isolation and prolonged trauma, explains Melissa L. Whitson, a

Ph.D., associate professor of psychology at the University of New Haven.

"When our systems have been activated by this trauma and other psychological effects for so long, it is quite normal for the body and mind to become overwhelmed and exhausted, and even numb," Whitson, a

licensed psychologist, adds. "We often refer to this as chronic stress. When we feel exhausted and numb, we often lose motivations for things that we would normally enjoy doing."

And with ... no definitive end to the pandemic in sight, many are struggling now more than ever.

Garden Tools available to check out...

Click on images to go to catalog

Garden Works Soil Scoop:

Premium stainless steel blade, Comfort Grip handle made from recycled materials, multi-functional tool. Great for digging holes, cutting roots, weeding, making seed furrows, and transferring soil. Made in the U.S.A.



Radius Ergonomic Weeder:

Lightweight, ergonomic to keep your wrist in a neutral position reducing wrist strain and pain.

Weeder



Radius Ergonomic Cultivator:

The Radius Ergonomic Cultivator is almost like an extension of your arm, with three pointed fingers out at the end ready to rip through soil, scrape up weed seedlings, and pull out roots.

Cultivator



Radius Ergonomic Transplanter:

Designed for transplanting small perennials and bulbs, the extra-long blade has depth markings to aid in finding the proper planting depths.

Transplanter



Cut and Hold Pruner: The cut-and-hold feature holds the stem until you release. Pick roses without the threat of thorns. Durable high-strength aluminum construction with a high carbon blade that has a 3/8 inch cutting capacity. Strong aluminum handle with soft TPR grip and 180° rotating handle for the best cutting position. Weight: 14 oz.



Fiskars PowerGear2 Bypass Pruner:

Power through branches up to 3/4" thick with a pruner featuring technology that gives up to 3 times more power on every cut. This pruner makes cutting so much easier it's earned the Arthritis Foundation's Ease of Use™ Commendation.



Note: For right-handed use only.

CobraHead Mini Weeder and Cultivator:

The combination of the specialized blade and the comfortable, ergonomic handle let you get at every weed in your garden without worrying about damaging your flowers. Simplify your garden tool inventory with this multi-use tool: weeds, cultivates, scalps, edges, digs, furrows, plants, transplants, de-thatches, and harvests with ease.



So what can you do? We've rounded up 12 ways you can try to spark some motivation, whether for work or play:

1. Put down the phone: "This way, you won't be tempted by emails, group texts, or calls and can get a healthy dose of disconnection," "Shark Tank" star Mark Cuban advises in the upcoming book "Your Time To Thrive" by Marina Khidekel and the editors of Thrive Global (out March 23).

2. Unplug at designated times throughout the day: Digital wellness expert Mark Ostach suggests stepping away from screens at meal time, one hour before bed and for at least one hour during the day.

3. Set a timer: Timed work methods are a way to break up your tasks into manageable chunks. The Pomodoro technique, for example, recommends you work for 25 minutes then take a five minute break. After repeating this four times, take a longer break for 15-30 minutes. You can also try adjusting the time as it works best for you, such as an hour sprint before taking a break.

4. Connect with others: "Doing things to build a sense of community and shared emotional connection can help us feel more motivated to help others and ourselves," Whitson says. While it may not be safe to meet up with loved ones in-person, utilize technology to keep connections with loved ones.

5. Track your progress: Using to-do lists to track progress can help motivate you to reach your goals while keeping tasks organized. Also, try writing down your reasons for adhering to your goals and reading what you wrote on tough days, Amy Morin, psychotherapist and USA TODAY best-selling author of "13 Things Mentally Strong People Don't Do," told USA TODAY. Having something in your calendar you can look forward to is another goal-setting strategy people find helpful.

6. Get inspired: Finding inspiration from others is another way to spark motivation. Hoda Kotb suggests reading a few pages from an inspiring book. "I try to fill the last couple of minutes before I close my eyes with something nourishing, whether it's a book I keep on my bedside table, or something I read that's uplifting," she notes in "Your Time To Thrive."

7. Focus on things you enjoy: "Because post-traumatic symptoms are often exacerbated by a feeling of lack of control, engaging in activities that help us feel like we have some control can be helpful," Whitson suggests.

8. Forgive yourself: Knowing that it's normal to not feel normal right now is key, especially since stressing out about not feeling like you're doing enough can make things worse. "The tendency to beat yourself up, or to be overly harsh on yourself, is gonna make things

worse," Morin says. "We know that self compassion is the key to changing your behavior, but most of us are so much harder on ourselves than we are on anybody else."

9. Get outside: Taking a quick walk in nature is a great way to clear your head and kickstart your energy. "Whether you're walking the dogs or grabbing the mail, it can motivate you," Ostach says.

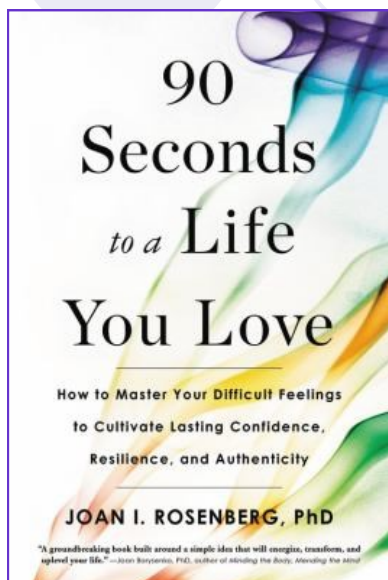
10. Say no when you need to: "Queer Eye" star Antoni Porowski notes in "Your Time To Thrive," "When I was saying yes to everything... I spread myself too thin. I realized I wasn't performing well at work events, and I wasn't having any down time or just plain fun with friends."

11. Take care of you: Whitson says it's important to take care of ourselves "as much as possible" in an effort to regain motivation and cope with stress and trauma.

12. Get help if you need: "Lack of motivation right now is a normal and understandable response. However, if the lack of motivation is interfering with our ability to function in important daily life tasks – eating, sleeping, hygiene, caring for dependents – then it is important to reach out for additional support and services," Whitson advises. □

Excerpted from [COVID-19 pandemic: How to stay motivated during quarantine, lockdowns \(usatoday.com\)](https://usatoday.com/story/health/2020/04/08/covid-19-pandemic-how-to-stay-motivated-during-quarantine-lockdowns/5101117002/)

Book Spotlight—*90 Seconds to a Life You Love* *How to Master Your Difficult Feelings to Cultivate Lasting Confidence, Resilience, and Authenticity*



Available at
www.rvl.info

Sadness, shame, helplessness, anger, embarrassment, disappointment, frustration, and vulnerability. In 30 years as a practicing psychologist, Dr. Joan Rosenberg has found that what most often blocks people from success and feeling capable in life is the inability to experience, move through, and handle these 8 unpleasant feelings. Knowing how to deal with intense, overwhelming, or uncomfortable feelings is essential to building confidence, emotional strength, and resilience. Yet when we distract or disconnect from these feelings, we move away from confidence, health, and our desired pursuits, ultimately undermining our ability to fully realize our ambitions.

Neuroscientists suggest that the biological lifespan of a feeling, often known first through bodily sensations, lasts approximately 90 seconds. Dr. Rosenberg teaches readers to be aware, consciously lean into, and balance these unpleasant emotions by riding one or more 90-second waves of the bodily sensations. By staying present to these 8 feelings, we cultivate the confidence that we can handle life's challenges and the deep sense we can pursue whatever we want.

Combining more than three decades of clinical experience with aspects of clinical psychology, mindfulness, and neuroscience research, *90 Seconds to a Life You Love* is a strategic and practical guide on building core emotional strength, reducing anxiety, and developing the confidence you need to create a life of your design -- a life you love.

Money Wise—*Virginia Individual Income Tax Filing Deadline Extended to May 17, 2021*

Individual Income Tax Filing Due Dates

Typically, most people must file their tax return by **May 1**. However, the filing deadline for 2020 individual income tax returns has been extended to **Monday, May 17, 2021**. For more information about filing your return this year, see [Click for online link] [Avoid Pandemic Paper Delays: Tips for Filing Season](#).

- Fiscal year filers: Returns are due the 15th day of the 4th month after the close of your fiscal year.

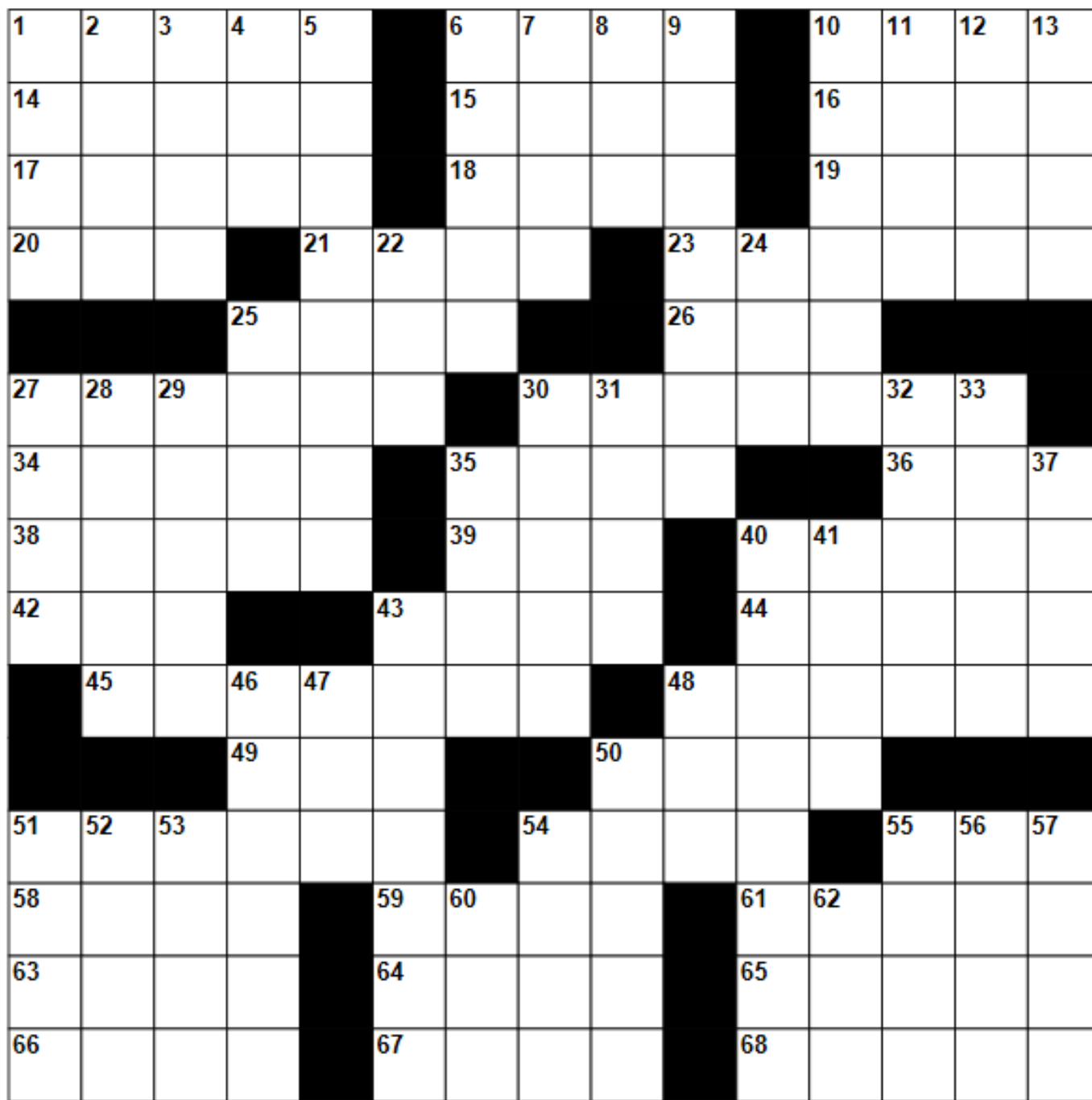
Filing Extensions

Can't file by the deadline? Virginia allows an automatic 6-month extension to **file** your return (Nov. 1 for most people). No application is required. You still need to pay any taxes owed on time to avoid additional penalties and interest. [Click for online link] [Make an extension payment](#).

Missed the deadline? [See your options](#).

Need to pay estimated taxes? Find deadlines at [Click for online link] [Individual Estimated Tax Payments](#).

Excerpted from <https://www.tax.virginia.gov/when-to-file>



By Evelyn Johnson - www.qets.com



Easter Crossword Puzzle

ACROSS

- 1 ____ Keller, blind & deaf
 6 Car rental agency
 10 Do business
 14 End of Greek alphabet
 15 Italian currency
 16 Speed contest
 17 Respiratory organs
 18 Institution (abbr.)
 19 Goofs
 20 Eastern Standard Time
 21 Acquire
 23 Lifting machines
 25 Trigonometric function
 26 Traditional Easter meal
 27 Container of wood, grass or other material
 30 Royal staff
 34 ____ and Clark
 35 Absent without leave
 36 Chitchat
 38 Explode
 39 Roman twelve
 40 Agricultural student
 42 Be victorious
 43 Upset
 44 Lasso
 45 Conceited person
 48 Woman's head wear
 49 Possessive pronoun

- 50 Star Trek Automaton's name
 51 Bronze coating
 54 Healing plant
 55 Genetic code
 58 Repeat
 59 Fizzy drink
 61 Make a copy of
 63 Popular stadium
 64 Told an untruth
 65 Wroth
 66 Adolescent
 67 Otherwise
 68 Cooped

DOWN

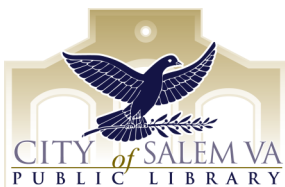
- 1 Eyelet
 2 Flightless birds
 3 Between Ash Wednesday and Easter
 4 Colored and hidden
 5 Yuckiest
 6 Similar
 7 Grape plant
 8 Tax agency
 9 Book bag
 10 Had a dream
 11 Take in
 12 Land unit
 13 Not as much
 22 Picnic pest
 24 Type of music
 25 Omit
 27 Moved air
 28 Eagle's nest

- 29 Moved back and forth
 30 Rapid
 31 Skullcap
 32 Incite (2 wds.)
 33 Elevate
 35 Center of rotation
 37 Purple vegetable
 40 Unable to eat
 41 Chinese chime
 43 Something that cannot be explained
 46 Buckeye State resident
 47 X
 48 Ghost's greeting
 50 Piece of grass
 51 Unwanted insect
 52 Hurt
 53 Formal "you"
 54 Beers
 55 Pull
 56 Musical symbol
 57 Chopped
 60 Cooking fat
 62 Time period

Solution on page 6

Visit www.gets.com for more large print puzzles.

Excerpted from
www.gets.com Large Print
 Easter Puzzle



Salem Public Library

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Salem VA 24153

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Fax: 540-389-7054

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Website: [https://](https://www.salemva.gov/departments/salem-public-library)

[www.salemva.gov/](https://www.salemva.gov/departments/salem-public-library)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

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rvl.overdrive.com

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- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

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Please note:

Starting April 4,

The Resilient Library

Newsletter

will be published

semimonthly

(twice a month).

Solution to Easter Crossword Puzzle on page 6

1	H	2	E	3	L	4	E	5	N		6	A	7	V	8	I	9	S		10	D	11	E	12	A	13	L
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